

DC MANIA® SCHEDULE-AT-A-GLANCE

SHOPPING HOURS

Thursday, Jan. 24:.....5:00pm-7:00pm
 Friday, Jan. 25:.....8:45am-2:30pm & 5:00pm - 6:45pm
 Saturday, Jan. 26:.....8:15am-3:30pm & 6:00am-7:00pm
 Sunday, Jan. 27:.....10:00am-1:30pm (Closeout Shopping)

EXPO IS FREE & OPEN TO THE PUBLIC!
 Get your Pass: scwfit.com/expo

WEDS. JAN 23 & THURS. JAN 24

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	A HIIT / FUNCTIONAL TRAINING	B GROUP EXERCISE	C PERSONAL TRAINING / FUNCTIONAL TRAINING	D PERSONAL TRAINING / STRENGTH / SPECIALTY	E MIND / BODY MOBILIZATION	F ACTIVE AGING / RECOVERY
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G BARRE	H DANCE	I POOL (LECTURE)	J CYCLING	K NUTRITION / EX SCIENCE	L BUSINESS / LEADERSHIP / WELLNESS	M BOXING / CIRCUIT
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FRIDAY, JANUARY 25

FR1 7:30am-9:00am	Pulling for Power™ SGT Ken® p. 11	Beachbody Strength Brodowsky p. 11	Training by the Numbers Gavigan p. 11	Roll Better, Roll Less Bettendorf p. 11	Corrective Exercise for Problem Shoulders Pata p. 11
FR2 10:00am-11:30am	Whipped and Ripped Appel p. 12	POUND® - Why Your Body Rocks! Ward p. 12	Movement Matters! McCall p. 12	Mobility & Flexibility - Research & Application Comana p. 13	RumbleRoller® Group Exercise Flow Bettendorf p. 13
FR3 SESSION 1 11:45am-1:15pm SESSION 2 12:30pm-2:00pm	Extreme HIIT Chaos Shaia Session 2 p. 14	BODYATTACK® Workout Bramski Session 1 p. 13	Basics of Personal Training Programming Gavigan Session 2 p. 14	Speedball For Personal Training Feinberg Session 1 p. 13	Conscious Movement & Functional Yoga Velazquez Session 1 p. 13
FR4 2:15pm-3:45pm	Core to Soar! Rockit p. 14	The Ultimate Group X Experience Brodowsky p. 14	Let's Get FHIIT Robinson p. 14	Power Up! McCall p. 14	More Chi For Me Haan p. 15
FR5 4:00pm-5:30pm	From the Ground Up! Velazquez p. 18	HIGH Fitness: Aerobics is Back! Semrad p. 18	50 Unique Core Lovers Exercises Shaia p. 18	Redefine Functional Training- Redefine Yourself Mullins p. 18	Warm Up! Performance Flexibility & SMR Lewis-McCormick p. 18
FR6 EVENING SESSIONS 6:30pm-7:30pm					

BarreFlow Fire & Fe Taylor p. 11	SOUL CLAP: Become the Music Freeman p. 12	Water Running Rockit p. 12	Schwinn®: The Magic of the 3 C's Hogg p. 12	Metabolism & Fat - Science & Application Comana p. 12	Assess, Explore, Pattern: Functional Pilates Mikulski p. 12	FR1 7:30am-9:00am
"HIIT" the Barre Lewis-McCormick p. 13	HIGH Fitness: Aerobics is Back! Semrad p. 13	Tab-Aqua Quickies Howard p. 13	Immunity Boosters & Busters Silverman p. 13	Building Choreography Like a Pro Van Amstel p. 13		FR2 10:00am-11:30am
Barre With a Twist Appel Session 1 p. 10	LaBlast® - Line Dance Van Amstel Session 2 p. 14	Girls Just Wanna Have Fun Warasila, Lewis-McCormick & Layne Session 1 p. 14	Schwinn®: The Power Behind POWER K. Roberts Session 1 p. 14	The Science of Interval Training Comana Session 2 p. 14	Insurance for Studios, Instructors & Trainers Urmston Lowe Session 1 p. 14	FR3 11:45am-1:15pm 12:30pm-2:00pm
Barre Moves - New Choreography Ideas Shaia p. 15	Country Fusion® Mooney p. 15	Dive Into Aqua Choreography Kooperman, Velazquez, Cofield p. 15	Les Mills SPRINT™: Cycling Success Bramski p. 15	Nutrition Panel - Comana, Layne, Silverman, K. Roberts (Moderator) p. 15	Foam Rolling: Rolling Pins to Vibration Pata p. 15	FR4 2:15pm-3:45pm
Work At The Barre Eskridge p. 18	SOUL CLAP: One Team, One Sound Freeman p. 18	LaBlast® - Splash Van Amstel p. 19	Schwinn®: Music Magic! Appel p. 19	Gut Health: Your First Brain Layne p. 19	Up Your Game: INSANITY! Conser p. 19	FR5 4:00pm-5:30pm
						FR6 6:30pm-7:30pm

SATURDAY, JANUARY 26

SA1 7:00am-8:30am	Rock the Core by ActivMotion Bar Mikulski p. 19	The Warrior® Workout J. Roberts p. 19	Workouts That Work McCall p. 19	Tweak It! Bach p. 19	Tao Yoga Flow Haan p. 20	Rolling with Mindfulness and Breathwork Bettendorf p. 20
SA2 KEYNOTE & AWARDS 9:30am-10:45am						
SA3 11:00am-12:30pm	The EPOCalyse WaterRower™ Power Workout™ Lewis-McCormick p. 20	Tabata GX™ - Tabata... Redefined! Shaia p. 20	TNT- Explosive Bodyweight Training Bach p. 20	Speedball Core Feinberg p. 21	The Perfect Fusion With Piyo Conser p. 21	Strength Training for Longevity & Vitality Kooperman p. 21
SA4 SESSION 1 12:45pm-2:15pm SESSION 2 1:30pm-3:00pm	Plyo Play Ross Session 2 p. 23	The Ultimate Cardio Kickboxing Party Conser Session 2 p. 23	Training the Active Aging Female Client K. Roberts Session 2 p. 23	Les Mills GRIT®: Cardio & HIIT Bramski Session 1 p. 22	Functional Pilates Flows with ActivMotion Bar Mikulski Session 1 p. 22	Yoga for the Young at Heart: Chair Kooperman Session 1 p. 22
SA5 3:15pm-4:45pm	Training the Female Core K. Roberts p. 23	Learn to MOVE with SweatNow Kozma p. 23	Mandatory Teamwork Gavigan p. 23	High Ideal Performance Sherman p. 23	Core Forward Pilates Howard p. 23	TriggerPoint™: GRID® Lock Pata p. 24
SA6 5:00pm-6:30pm	Funtensity Ross p. 24	Center Yourself Bach p. 24	The Ladder Approach to Program Design Mullins p. 24	Yoga palooza Haan p. 24	Myofascial Compression Techniques for Injury Prevention Pata p. 24	
SA7 EVENING SESSIONS 6:45pm-7:45pm						

Grace And Flow K. Roberts p. 20	HIGH Fitness: Aerobics is Back! Semrad p. 20	LaBlast® - Splash Van Amstel p. 20	Schwinn®: B1G1 Free, Class Design Hogg p. 20	Overcoming Plateaus Layne p. 20	Building Blocks for Career Longevity Brodowsky p. 20	SA1 7:00am-8:30am
						SA2 9:30am-10:45am
Barre 360 Appel p. 21	SOUL CLAP: Stepping & Body Percussion Freeman p. 21	It's Raining Men! Howard, Velazquez, Van Amstel & Rockit p. 21	Schwinn®: Train Right Reimagined K. Roberts p. 21	Nutrition & Sleep: Fascinating Connections Silverman p. 21	The Science of Myofascial Release Riddick-Losch p. 22	SA3 11:00am-12:30pm
BarreFlow Taylor Session 1 p. 22	LaBlast® - Ballroom Fitness Partner Free Van Amstel Session 2 p. 23	HIIT the WAVES Lewis-McCormick Session 1 p. 22	Schwinn®: How to WOW! Hogg Session 1 p. 22	Nutrition Uncensored Layne Session 2 p. 23	Time-Saving Tools for Digital Music Howard & Velazquez Session 2 p. 23	SA4 12:45pm-2:15pm 1:30pm-3:00pm
Let The Beat Drop Shaia p. 24	HIGH Fitness: Aerobics is Back! Semrad p. 24	Silver Aqua Solutions Warasila, Velazquez & Cofield p. 24	Schwinn®: Rhythm Done Right Appel p. 24	Savy Social Media in Fitness Hogg p. 24	Electronic Stimulation For Athletic Performance Feinberg p. 24	SA5 3:15pm-4:45pm
Barre Necessities Appel p. 25	Country Fusion® Workshop Mooney p. 25	Aqua FusionMANIA Layne p. 25	Les Mills SPRINT™: Cycling Success Bramski p. 25	The Metabolic Effects of Resistance Training Kravitz p. 25	Fitness Business Trends For 2019 Kooperman p. 25	SA6 5:00pm-6:30pm
						SA7 6:45pm-7:45pm

SUNDAY, JANUARY 27

SU1 7:00am-8:30am	E.S.P. 1,2,3 - Performance Circuit Training Lewis-McCormick p. 26	Your Rear is the Gear Ross p. 26	Performance Training for Competition Feinberg p. 26		TriggerPoint™ for Movement Riddick-Losch p. 26
SU2 8:45am-10:15am	Crew Conditioning™ with SGT Ken® p. 27	MOVE with SweatNow Kozma p. 27	The Ultimate Fitness Equation Robinson p. 27	Developing Elite Fitness Experiences Mullins p. 27	Whose Back? Your Back! Haan p. 27
SU3 11:15am-12:45pm	Shifting is the New Lifting Ross p. 27	POUND® - Sweat, Sculpt, Rock, Ward p. 27	Hit the Wall Rockit p. 27	Simple & Smart Personal Training Feinberg p. 27	Country Fusion® For Active Agers Mooney p. 28
SU4 1:00pm-2:30pm	Lift Off! Howard p. 28	The Warrior® Experience J. Roberts p. 28	Movement Preparation for Lifelong Resilience Bettendorf p. 28	The Brain Trainer Ross p. 28	Progressive Systems to Self-Myofascial Release Riddick-Losch p. 28

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									SU3 11:15am-12:45pm
									SU4 1:00pm-2:30pm

Schedule is subject to change. Please visit www.scwfit.com/DC for updates.